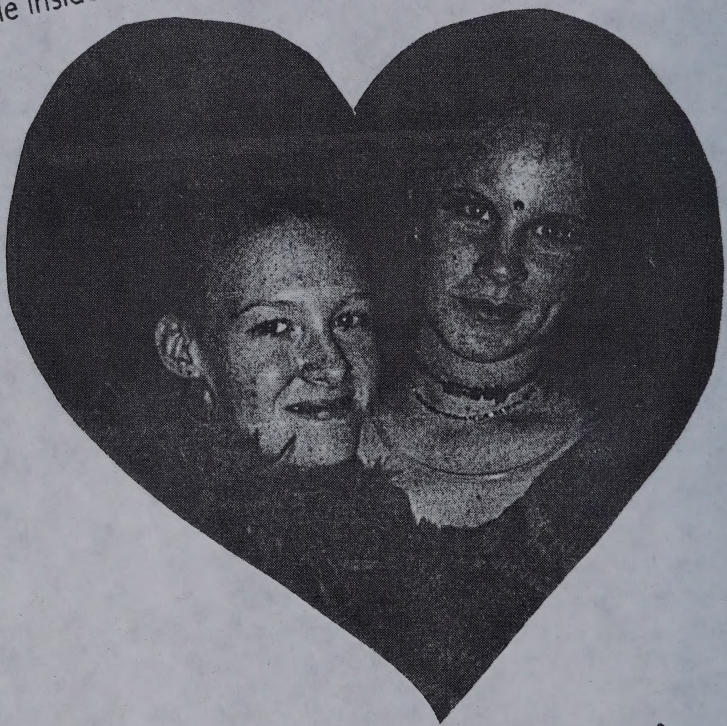
We Speak

FREE
erotic cookbook!
details inside

Lesbian

Some of the best fuck foods are canned peaches, orange popsicles, and halved pears. But you can have plenty of fun with other foods, too. Pomegranates are sexy simply because they leave a pink remnant of your lovemaking. Kiwis—with their juicy and malleable insides and fuzzy exteriors—will give any girl a thrill.



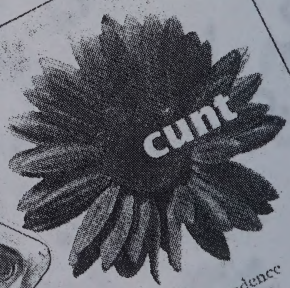
Hi. This is me and my girlfriend at the gay prom in October. We had a blast! She helped me complete this project. Thanks, L. I love you.

"We speak lesbian" is a zine produced by the womyn of YouthPride with submissions by queer womyn from all over Georgia. YouthPride is located near Little 5 points in Atlanta. All queer people between 13 and 24 are welcome. We even have a womyn's group! Please call for more info. 404-223-6780

thanks to those who submitted or produced this! :)

"She probably thought I was a pervert! Did she catch me looking at her breasts?"

1 STRAWBERRY FLAVORED
LATEX DENTAL DAM



a declaration of independence

inga muscle

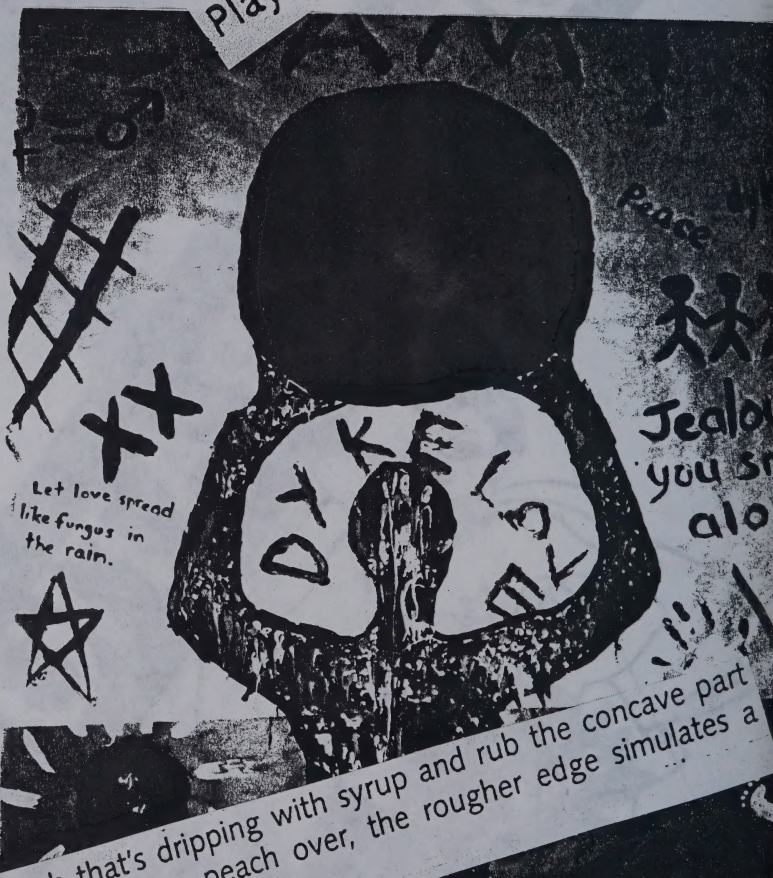
GOOD VIBRATIONS
A

LESBiAN SEX PARTY

Horny

Play with your food.

Remember the clitoris.



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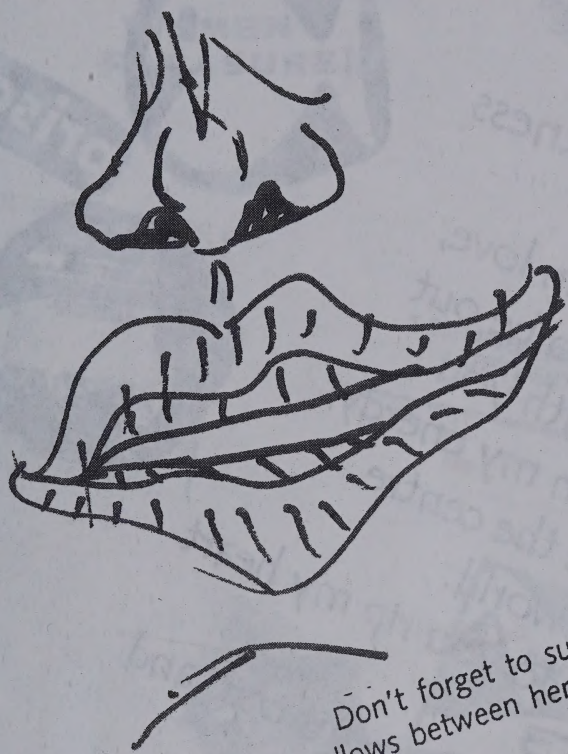
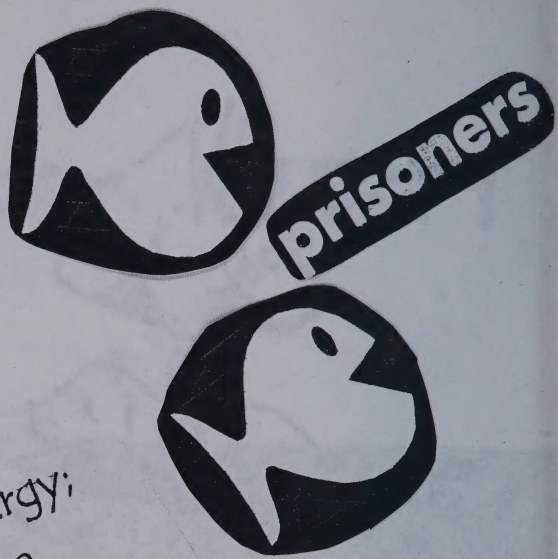


Don't forget to suck pomegranate seeds from her navel, nibble marshmallows between her toes, or write "I Love You" in coconut milk on her back.

When done properly, the banana penetrates her, rubs her clit, and hits her G-spot in one fell swoop.

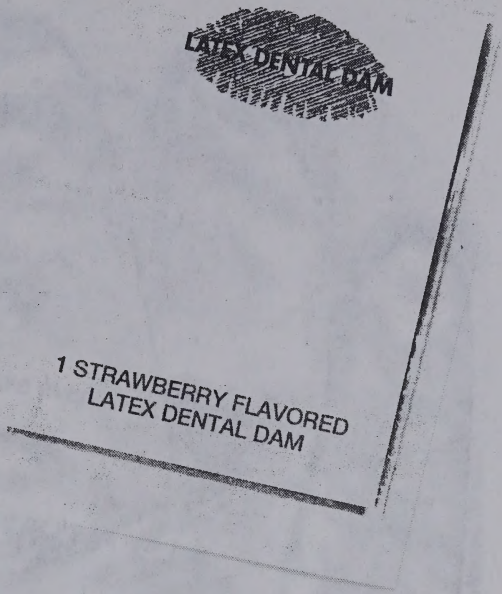


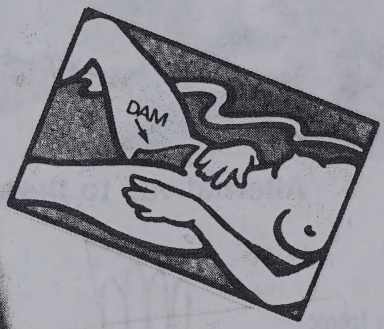
Emotion Sickness

Crazy to be in love;
Desperate to be out
of love, with you.
You drain my energy;
You are the centre
of my world.
Why do you rip my heart
out,
chew it up, spit it out, and
shove it in my face?
Take it back, swallow it!
I don't want it or need the
useless emotions!
Please don't hurt my feelings,
I don't want them, but I can't
live without
them, or you.

--Cassandra Vaugh

WOMEN'S PLEASURE!





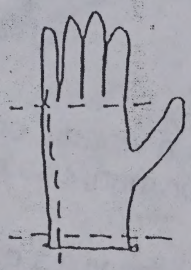
When to use a latex shield:
Whenever you have oral sex with a woman or have oral-anal contact with a woman or man, use a dam.

How to use a latex shield:
Place the thin sheet of latex over the vulva or anus during oral sex. This protects both of you from transmission of HIV and other sexually transmitted diseases.

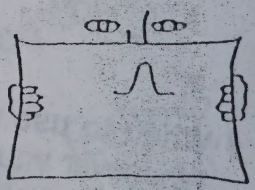
A few reminders:
Don't ever share the same dam, never turn it over during use, never reuse it and always use separate dams if you're practicing both oral-vaginal and oral-anal sex.

Alternatives to those (thick) rubber dams!!

Take a latex glove and cut the following 3 ways:



Open and use the thumb for your tongue:



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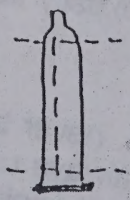

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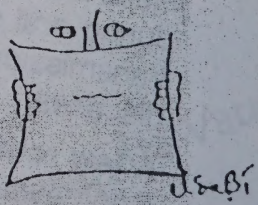


every day…every night…every thought…every hope…

the *presence* is **gone**…the *existence* is **gone**…***you are gone…***

were **you** ever…were **we** ever…will **I** ever …

alone… hating…**needing…***knowing you're with her…*

images I'm reminded… **voices** I'm reminded…***july 18th I'm reminded…***

warmth…comfort… passion…**LUST…**

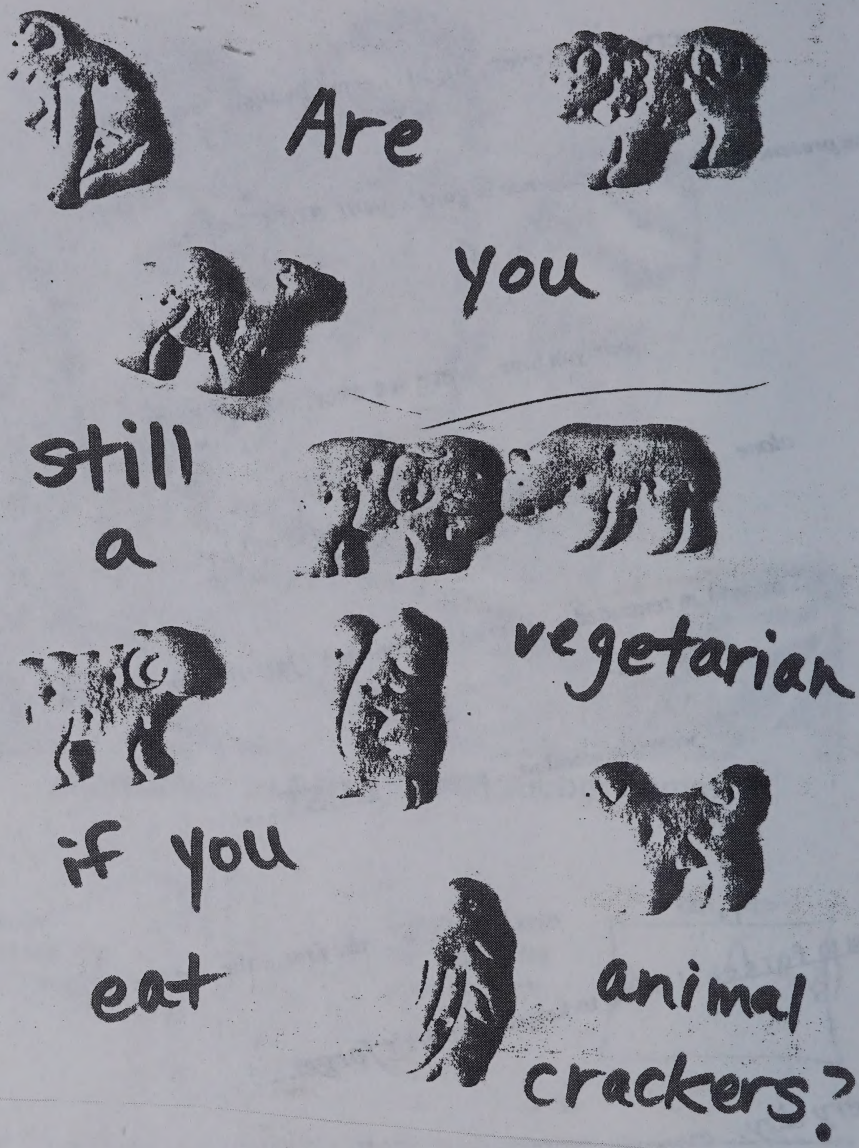
the kiss… ***the fear***… the *c a l m…*

I want to f o r g e t…I **need** to forget…***I can't forget…***

every day…every night…every thought…every hope…

innocence gone…**intrigue** gone… *virginity gone*… y o u a r e g o n e . .

~Mo-licious



"[A lesbian love scene] is more comfortable than doing a love scene with a guy. Usually, you're waiting underneath him, burning with passion or whatever, the accessory to his great sexuality. It's so boring!"
Ally Sheedy

"Pornography is a powerful tool for education, healing, and empowerment." *Annie Sprinkle*

Food-Fuck
Spanking!!
Differently Abled Womyn
Blind
Deaf
Mute
Numb
sex toys,
3 way love
Double Dildo
Wobble Shake
focus on sex
SIZE
FAT
THINAT
Masturbation Memoirs
Kinky

Sex 4 survivors

GET EMBODIED
Five Steps Toward Ending Dissociation

Talk about it

1. Five Minutes. Practice noticing the sensations in your body, including your legs, arms, and genitals, for five minutes each morning. What feelings and sensations are easier for you to tolerate and which are more difficult? Stay as long as you can with the ones you want to get rid of.

Love yourself

2. Belly Breath. Notice when you hold your breath or are breathing very shallowly. As you notice this stop. Begin to breathe deeply and regularly again. Breathe down into your belly so that your stomach and chest move. You may notice yourself not breathing 50 times a day. That's okay. In fact, it is great that you noticed. You are retraining your automatic responses.

Enjoy the time

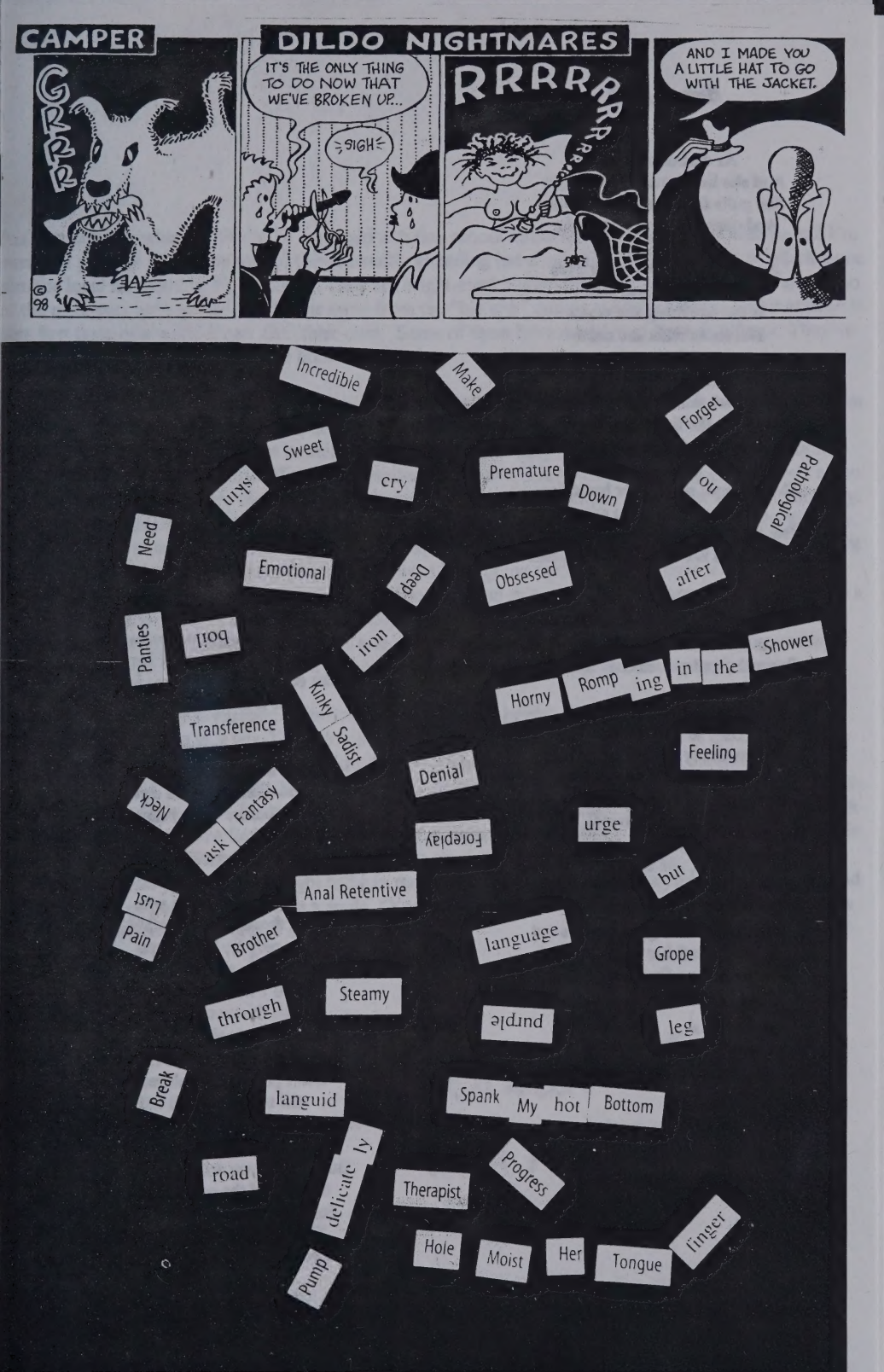
3. Move Yourself. Physical activity such as walking, biking, and swimming are useful ways of getting to know your body and sensations more intimately. As you move, bring your attention to the sensations. How do your arms feel; your legs? How about inside your chest or stomach? Is it warm or hot or cool? Do you notice a twitch or that you are relaxed?

Make peace

4. Bodywork. I encourage anyone healing from sexual abuse to engage in therapeutic bodywork. This is not massage; it's bodywork that opens the frozen or armored places in your body. Therapeutic bodywork attends to the emotions as well as the body, allowing you to come back into your body and live in it gladly. Various therapeutic bodywork styles include Lomi, Rosenwork, Peter Levine's work, or Haikomi.

smile ☺

5. Centering Practices. Martial art, yoga, dance or some forms of meditation all build a capacity to be embodied. Again, it is not about pushing yourself physically. It's about developing a place of centeredness and an awareness of your body. You want to retrain your nervous system to know that you can be embodied and safe simultaneously. Your body will learn that it can be relaxed and empowered at the same time.


CAMPER
GRRR
DILDO NIGHTMARES
IT'S THE ONLY THING TO DO NOW THAT WE'VE BROKEN UP...
SIGH
RRRRRRRRRRRR
AND I MADE YOU A LITTLE HAT TO GO WITH THE JACKET.
Incredible
Make
Forget
Sweet
Premature
Down
no
Pathological
skin
cry
Need
Emotional
Deep
Obsessed
after
Panties
boil
iron
Shower
Horny
Romp
ing
in
the
Kinky
Sadist
Transference
Feeling
Denial
Neck
Fantasy
ask
Foreplay
urge
but
Anal Retentive
Lust
Pain
Brother
language
Grope
through
Steamy
purple
leg
Break
languid
Spank
My
hot
Bottom
road
ly
delicate
Therapist
Progress
Pump
Hole
Moist
Her
Tongue
finger

Here by Night

As darkness sets in
And she lies down for the night
She pulls the covers to her chin
And clutches the pillow tight.

And when she closes her eyes
All that she can see
Is the one thing she wants
But more what she needs

The figure is tall
And moves with beauty and grace
But yet the light is still dim
So she is unable to see the face

The presence makes her breathless
And she is unable to speak
But this is not taken in a bad way
For it leaves her knees feeling weak.

As the figure moves closer
A familiar scent plays in the air
And then there is the touch-
Soft, gentle, and placed only with care.

She reaches for the figure
Only to pull it close
But suddenly she withdrawals
Seeming as if it is a ghost.

But could this be real
Or only just a dream
Because after all, she did close her eyes
And now things aren't what they had seemed.

So once again the figure reaches out
To pull her near
And then she hears a familiar voice saying,
"I'm so glad I'm finally here."

As the light comes in
And forces her to open her eyes
She realizes the darkness is gone
For it is morning time

She glances around the room
Once to the left, once to the right
And then she looks down
To discover before her a beautiful sight.

One single rose placed on the pillow
And a note that read:
"I was here with you
all throughout the night
to only lie beside you
keeping you safe and holding you tight.
I didn't want to wake you
with the morning light
because you looked so peaceful
and you deserve that right.
But I promise I shall return
and only time will tell,
so when you close your eyes tonight
the figure will prevail.
But tonight you will see the face,
the face of the one you love.
For it is me, your truest friend
The one who will love you
from all that I have within."

-Diana Cannon 10/99

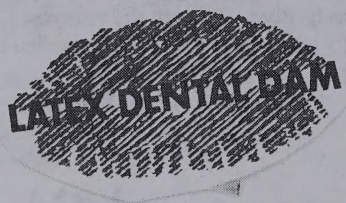
ou wanna know what it's like to be a gay girl at a tiny school in the middle of nowhere? Well to bad I'm onna tell you any ways. The school I am currently attending has about 1700 students most of which came om the local surrounding high schools. They are bright-eyed bushy tailed freshmen and sophomores who or the most part have led sheltered lives away from the "big city" cultures. Too many this junior college is ere first taste of a world larger then their own. Some of them have never even been in Atlanta. They've een content to stay in their tiny safe hometowns.

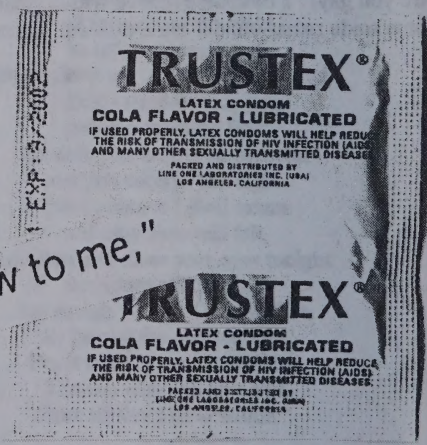
don't hide my sexuality by any means here at school. But I also don't run around with "dyke" tattooed o y forehead, although the thought has crossed my mind a few times. People know I'm gay. If asked I ways answer honestly. People are seemingly ok with it. They really don't care who or what I do in my are time. But it's still not easy. Of the 1700 students I know 4 others who are openly gay. There's no so f club or support group here for gay lesbian bi-sexual or questioning youth. We are the extreme minority. I want to be around other gay people I have to drive an hour in to Atlanta. I can't even get my favorite sbian magazine at any of the bookstores around here. Although my friends are great and comfortable wit y sexuality they don't always understand me or what I am going through. Sometimes it's hard to be appy and feel welcome in a str8 world I guess. The visitation rules apply only to opposite sex visitation s have no clue what I'd do if I ever wanted to legally have a female guest in my room or what kind of ouble I could get into having guest already and just not telling any one. There are no laws preventing gainst sexual orientation discrimination so I could get kicked out of a club or event just for being me.

bout a week ago while discussing classifications of people in public places like amusement parks zoo's tc in my English class a guy who had seemed up until then to be pretty cool decided to do some bashing. fter listing annoying kids crying babies old people homeless people parents couples etc he decided to row out "GAYS!" "What about those damn gays?" I right away took the defense and calmly asked "Wh bout them?" His reply was " Those nasty people are everywhere! You can't go any where any more with ut running into either some fucking butt pirates or rug munchers!" While the rest of my class was laughin was getting rather angry. I right away asked him to please not use such words and said that they are uman too and have just as much a right to be in public as he does. This got the response I knew it would re you gay?" I of course replied with a smile "Yep got a problem with it?" He just rolled his eyes made ome snide remark under his breath and turned around.

Melinda Kidd
Barnesville, GA

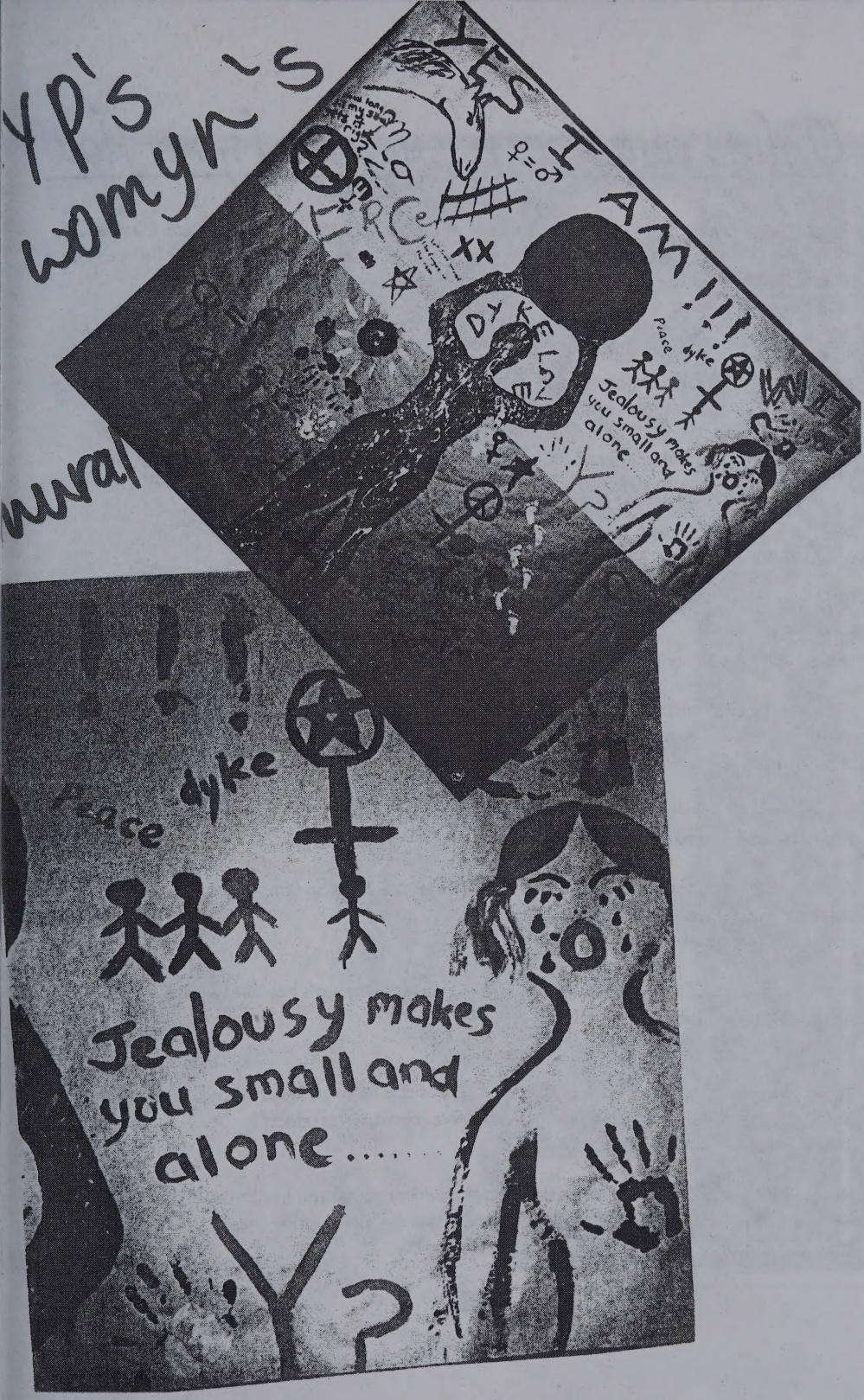
Melissa Etheridge
-drawn by Mo-licious





"Send all the lesbians you know to me,"

YP's womyn's



mural

Online resources for you and your flow

Web site for the Museum of Menstruation - info about menstrual cups, tampons, and a historical overview of menstrual products, as well as menstrual health issues and links to other sites (this site is a little hard to navigate but definitely worth while)
http://www.mum.org/

Web site for Terra Femme tampons - chlorine free cotton tampons, information on TSS and other women's health concerns regarding tampons
http://www.biobiz.com/terrafemme/

Information on menstrual products including washable menstrual pads and accessories
http://www.pacificcoast.net/~manymoons/

Web site for the Keeper - a reusable menstrual cup
http://www.keeper.com/

Web site for Glad Rags - washable menstrual pads and information about other menstrual products
http://www.teleport.com/~gladrags/

Web site for Eco Yarn - organic cotton tampons, information about tampons and women's health
http://www.byteserve.com.au/EcoYarn/index.html

Information about the Keeper reusable menstrual cup and washable menstrual pads
http://www.magi.com/~keeper/

Web site for Natracare products - non-chlorine bleached cotton tampons as well as liners and pads and links to women's health sites
http://www.indra.com/natracare/

Web site for S.P.O.T. - information about tampons and women's health as well as information and links to alternative products
http://critpath.org/~tracy/spot.html

The period Conspiracy web site - information about the tampon industry and government regulation as well as information about alternative menstrual products
http://cooties.punkrock.net/tpc.html

Web site for Blood Sisters - information about environmental and health issues connected to menstrual products, alternative menstrual products and links to other sites
http://cug.concordia.ca/~qpirg/bloodsisters/sisters.htmlXy

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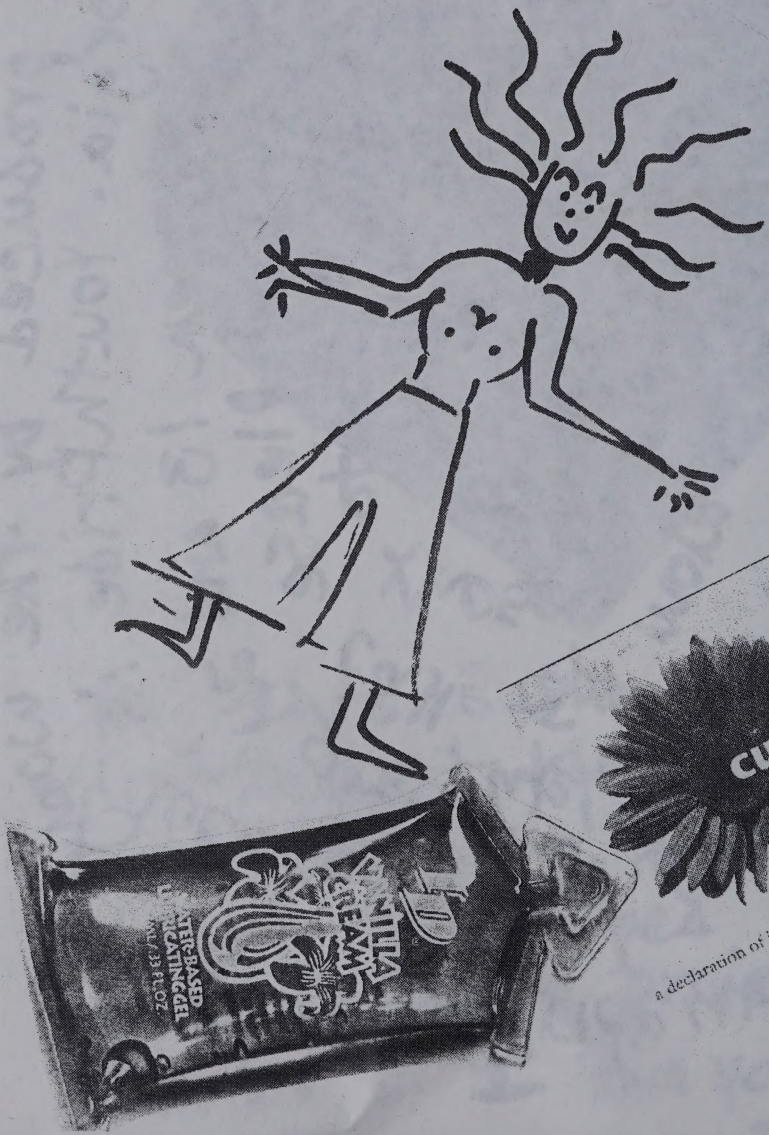

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cunt

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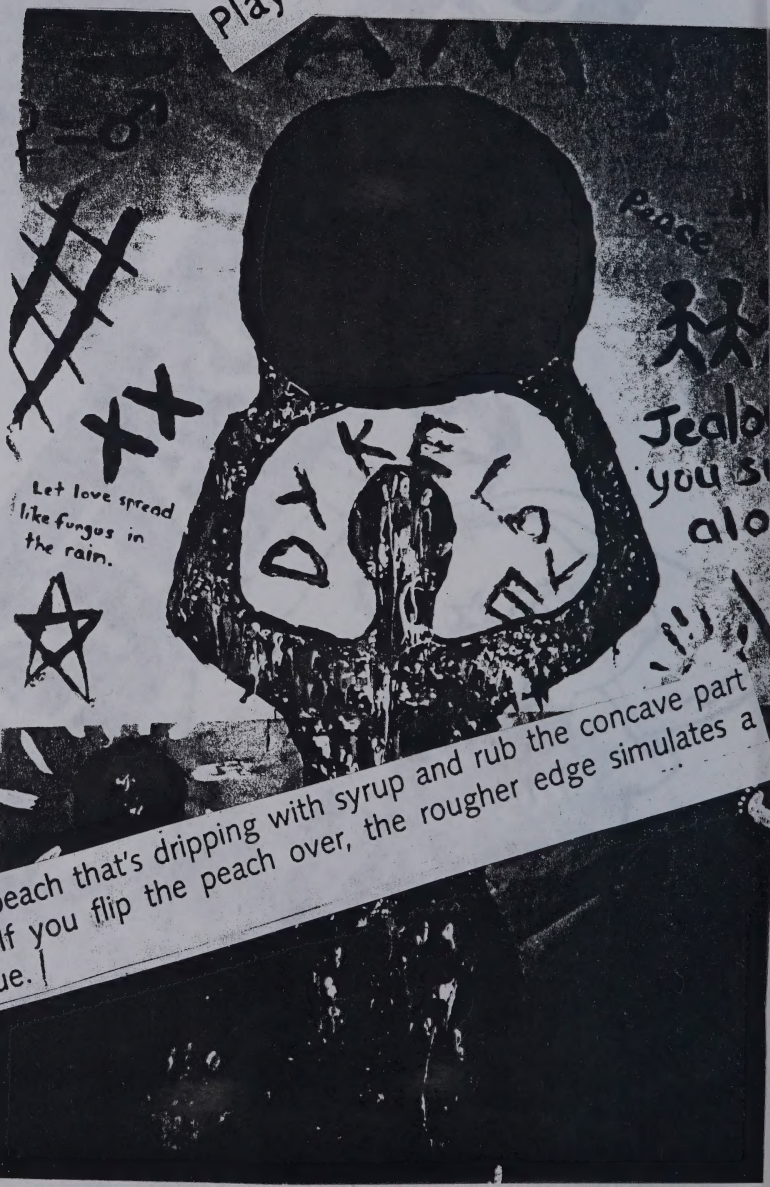

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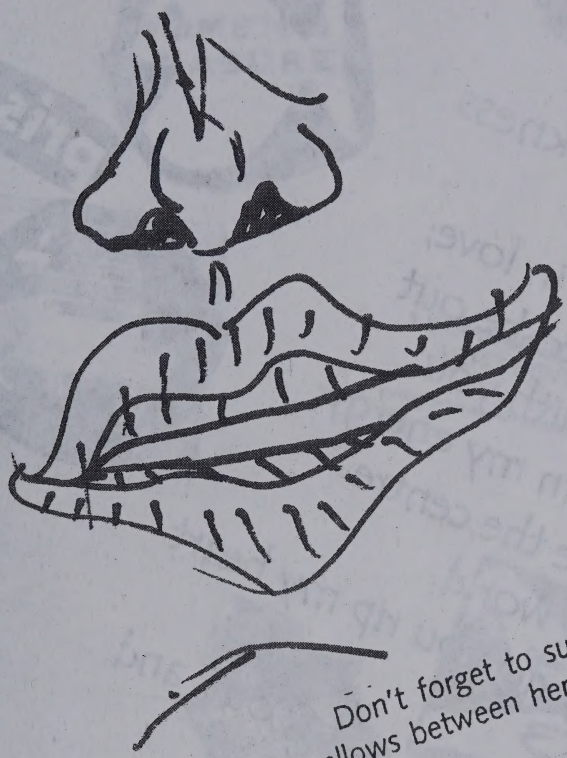

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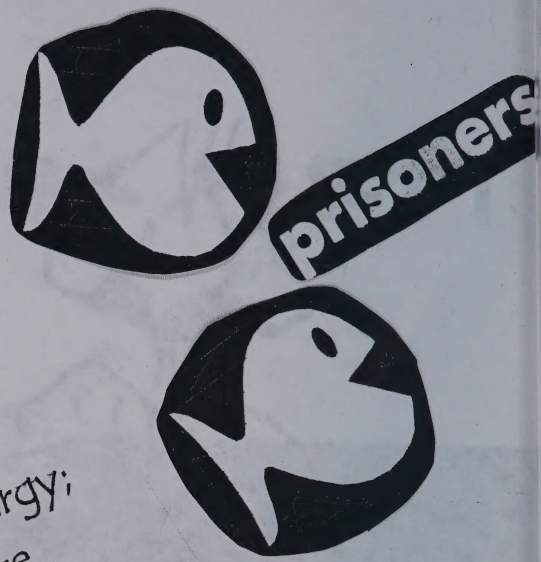

Emotion Sickness

Crazy to be in love;
Desperate to be out
of love, with you.
You drain my energy;
You are the centre
of my world.
Why do you rip my heart
out,
chew it up, spit it out, and
shove it in my face?
Take it back, swallow it!
I don't want it or need the
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Please don't hurt my feelings,
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--Cassandra Vaugh

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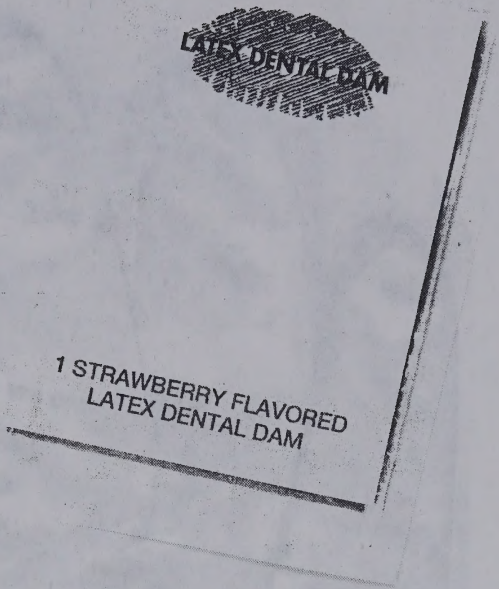

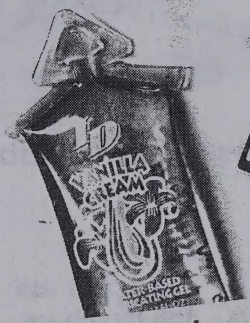

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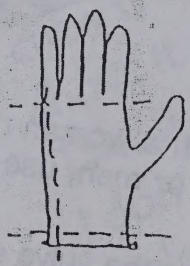

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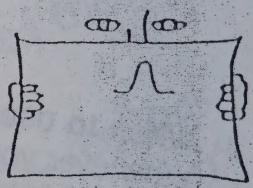

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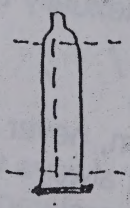

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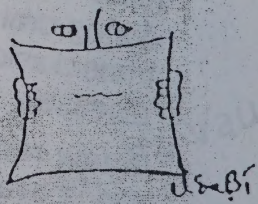


every day…every night…every thought…every hope…

the *presence* is **gone**…the *existence* is **gone**…***you are gone…***

were **you** ever…were **we** ever…will **I** ever …

alone… hating…**needing…***knowing you're with her…*

images I'm reminded… **voices** I'm reminded…***july 18th*** *I'm reminded…*

warmth… comfort… passion…**LUST…**

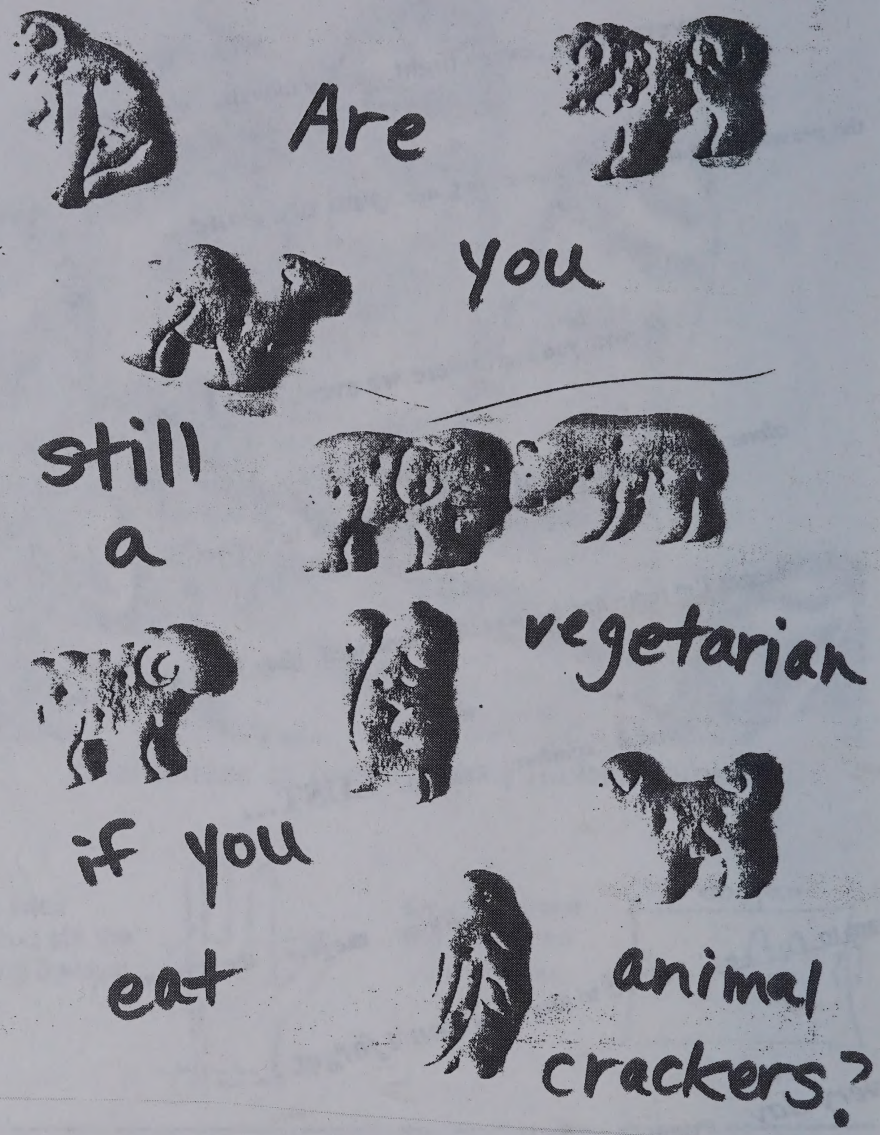
the kiss… ***the fear***… the *c a l m…*

I want to f o r g e t…I **need** to forget…***I can't forget…***

every day…every night…every thought…every hope…

innocence gone…**intrigue** gone… *virginity gone*… y o u a r e g o n e…

~Mo-licious



"[A lesbian love scene] is more comfortable than doing a love scene with a guy. Usually, you're waiting underneath him, burning with passion or whatever, the accessory to his great sexuality. It's so boring!"
Ally Sheedy

"Pornography is a powerful tool for education, healing, and empowerment." *Annie Sprinkle*

Food-Fuck
Spanking!!
Differently Abled Womyn
Blind
Deaf
Mute
Numb
sex toys,
love
Double Dildo
Wobble shake
focus on sex
SIZE
FAT
THINK
Masturbation Memoirs
Kinky

Sex 4 survivors

GET EMBODIED
Five Steps Toward Ending Dissociation

Talk about it

1. Five Minutes. Practice noticing the sensations in your body, including your legs, arms, and genitals, for five minutes each morning. What feelings and sensations are easier for you to tolerate and which are more difficult? Stay as long as you can with the ones you want to get rid of.

Love yourself

2. Belly Breath. Notice when you hold your breath or are breathing very shallowly. As you notice this, stop. Begin to breathe deeply and regularly again. Breathe down into your belly so that your stomach and chest move. You may notice yourself not breathing 50 times a day. That's okay. In fact, it is great that you noticed. You are retraining your automatic responses.

Enjoy the time

3. Move Yourself. Physical activity such as walking, biking, and swimming are useful ways of getting to know your body and sensations more intimately. As you move, bring your attention to the sensations. How do your arms feel; your legs? How about inside your chest or stomach? Is it warm or hot or cool? Do you notice a twitch or that you are relaxed?

Make peace

4. Bodywork. I encourage anyone healing from sexual abuse to engage in therapeutic bodywork. This is not massage; it's bodywork that opens the frozen or armored places in your body. Therapeutic bodywork attends to the emotions as well as the body, allowing you to come back into your body and live in it gladly. Various therapeutic bodywork styles include Lomi, Rosenwork, Peter Levine's work, or Haikomi.

smile ☺

5. Centering Practices. Martial art, yoga, dance or some forms of meditation all build a capacity to be embodied. Again, it is not about pushing yourself physically. It's about developing a place of centeredness and an awareness of your body. You want to retrain your nervous system to know that you can be embodied and safe simultaneously. Your body will learn that it can be relaxed and empowered at the same time.

Incredible Make Forget Sweet Premature Down no pathological skin cry Need Emotional Deep Obsessed after Panties boil iron Shower in the ing Romp Horny Kinky Sadist Transference Feeling Denial Neck Fantasy ask Foreplay urge but Lust Anal Retentive Pain Brother language Grope through Steamy purple leg Break languid Spank My hot Bottom road ly delicate Therapist Progress Pump Hole Moist Her Tongue finger

Here by Night

As darkness sets in
And she lies down for the night
She pulls the covers to her chin
And clutches the pillow tight.

And when she closes her eyes
All that she can see
Is the one thing she wants
But more what she needs

The figure is tall
And moves with beauty and grace
But yet the light is still dim
So she is unable to see the face

The presence makes her breathless
And she is unable to speak
But this is not taken in a bad way
For it leaves her knees feeling weak.

As the figure moves closer
A familiar scent plays in the air
And then there is the touch-
Soft, gentle, and placed only with care.

She reaches for the figure
Only to pull it close
But suddenly she withdrawals
Seeming as if it is a ghost.

But could this be real
Or only just a dream
Because after all, she did close her eyes
And now things aren't what they had seemed.

So once again the figure reaches out
To pull her near
And then she hears a familiar voice saying,
"I'm so glad I'm finally here."

As the light comes in
And forces her to open her eyes
She realizes the darkness is gone
For it is morning time

She glances around the room
Once to the left, once to the right
And then she looks down
To discover before her a beautiful sight.

One single rose placed on the pillow
And a note that read:
"I was here with you
all throughout the night
to only lie beside you
keeping you safe and holding you tight.
I didn't want to wake you
with the morning light
because you looked so peaceful
and you deserve that right.
But I promise I shall return
and only time will tell,
so when you close your eyes tonight
the figure will prevail.
But tonight you will see the face,
the face of the one you love.
For it is me, your truest friend
The one who will love you
from all that I have within."

-Diana Cannon 10/99

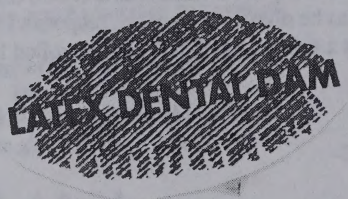
ou wanna know what it's like to be a gay girl at a tiny school in the middle of nowhere? Well to bad I'm onna tell you any ways. The school I am currently attending has about 1700 students most of which came om the local surrounding high schools. They are bright-eyed bushy tailed freshmen and sophomores who or the most part have led sheltered lives away from the "big city" cultures. Too many this junior college is ere first taste of a world larger then their own. Some of them have never even been in Atlanta. They've een content to stay in their tiny safe hometowns.

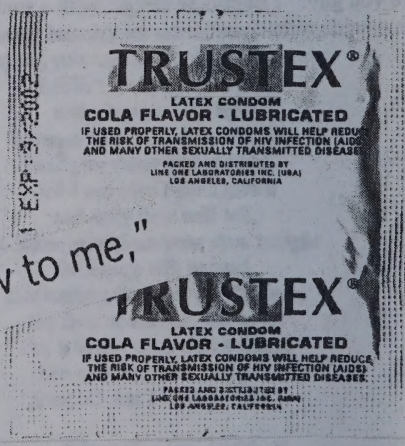
don't hide my sexuality by any means here at school. But I also don't run around with "dyke" tattooed o y forehead, although the thought has crossed my mind a few times. People know I'm gay. If asked I lways answer honestly. People are seemingly ok with it. They really don't care who or what I do in my are time. But it's still not easy. Of the 1700 students I know 4 others who are openly gay. There's no so f club or support group here for gay lesbian bi-sexual or questioning youth. We are the extreme minority. I want to be around other gay people I have to drive an hour in to Atlanta. I can't even get my favorite sbian magazine at any of the bookstores around here. Although my friends are great and comfortable wit y sexuality they don't always understand me or what I am going through. Sometimes it's hard to be appy and feel welcome in a str8 world I guess. The visitation rules apply only to opposite sex visitation s have no clue what I'd do if I ever wanted to legally have a female guest in my room or what kind of ouble I could get into having guest already and just not telling any one. There are no laws preventing gainst sexual orientation discrimination so I could get kicked out of a club or event just for being me.

bout a week ago while discussing classifications of people in public places like amusement parks zoo's tc in my English class a guy who had seemed up until then to be pretty cool decided to do some bashing. fter listing annoying kids crying babies old people homeless people parents couples etc he decided to row out "GAYS!" "What about those damn gays?" I right away took the defense and calmly asked "Wh bout them?" His reply was " Those nasty people are everywhere! You can't go any where any more with ut running into either some fucking butt pirates or rug munchers!" While the rest of my class was laughin was getting rather angry. I right away asked him to please not use such words and said that they are uman too and have just as much a right to be in public as he does. This got the response I knew it would re you gay?" I of course replied with a smile "Yep got a problem with it?" He just rolled his eyes made me snide remark under his breath and turned around.

Melinda Kidd
Barnesville, GA

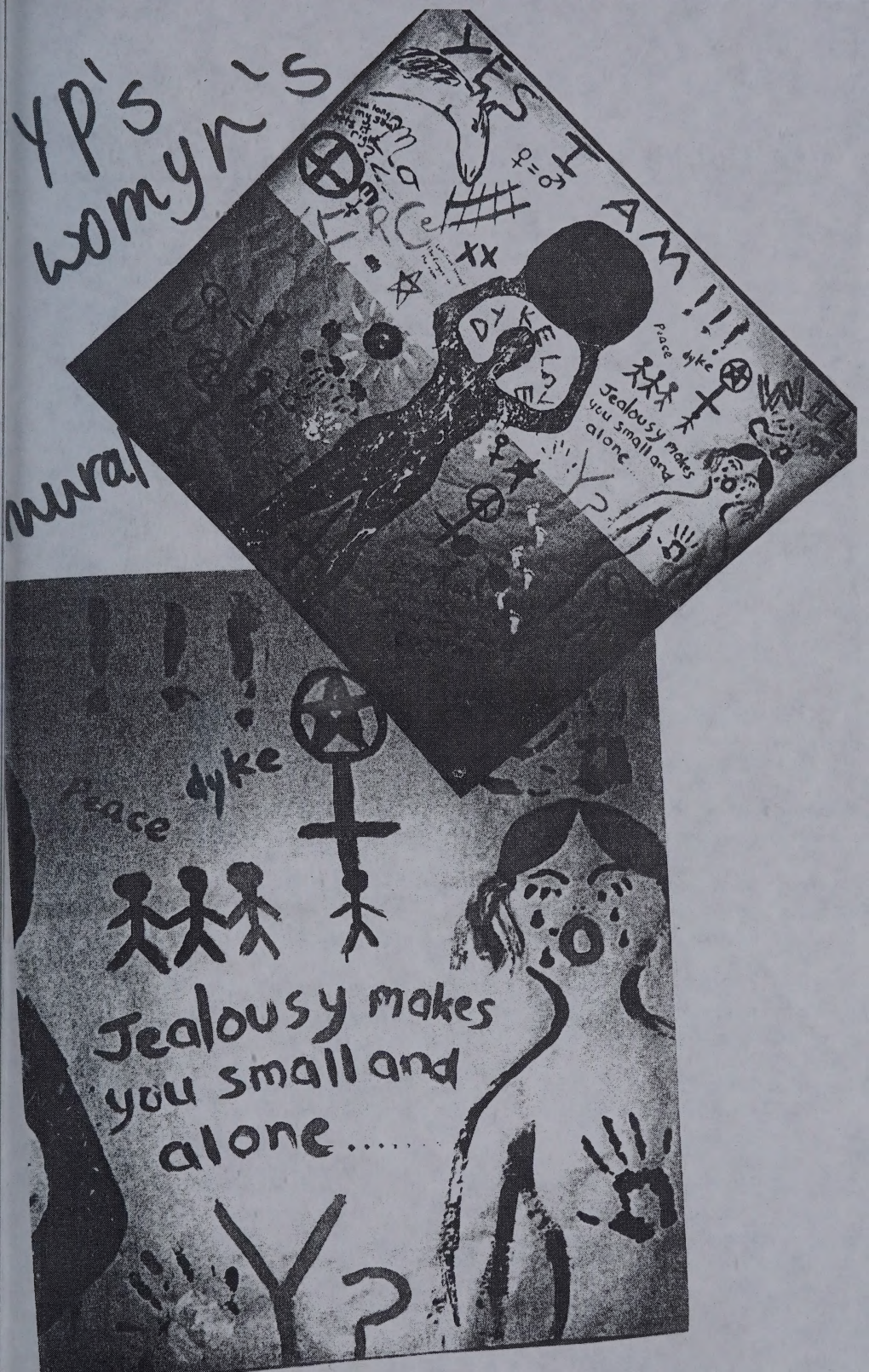
Melissa Etheridge
-drawn by Mo-licious





"Send all the lesbians you know to me,"

YP's womyn's mural



Online resources for you and your flow

Web site for the Museum of Menstruation - info about menstrual cups, tampons, and a historical overview of menstrual products, as well as menstrual health issues and links to other sites (this site is a little hard to navigate but definitely worth while)
http://www.mum.org/

Web site for Terra Femme tampons - chlorine free cotton tampons, information on TSS and other women's health concerns regarding tampons
http://www.biobiz.com/terrafemme/

Information on menstrual products including washable menstrual pads and accessories
http://www.pacificcoast.net/~manymoons/

Web site for the Keeper - a reusable menstrual cup
http://www.keeper.com/

Web site for Glad Rags - washable menstrual pads and information about other menstrual products
http://www.teleport.com/~gladrags/

Web site for Eco Yarn - organic cotton tampons, information about tampons and women's health
http://www.byteserve.com.au/EcoYarn/index.html

Information about the Keeper reusable menstrual cup and washable menstrual pads
http://www.magi.com/~keeper/

Web site for Natracare products - non-chlorine bleached cotton tampons as well as liners and pads and links to women's health sites
http://www.indra.com/natracare/

Web site for S.P.O.T. - information about tampons and women's health as well as information and links to alternative products
http://critpath.org/~tracy/spot.html

The period Conspiracy web site - information about the tampon industry and government regulation as well as information about alternative menstrual products
http://cooties.punkrock.net/tpc.html

Web site for Blood Sisters - information about environmental and health issues connected to menstrual products, alternative menstrual products and links to other sites
http://cug.concordia.ca/~qpirg/bloodsisters/sisters.htmlXy